A Very Short Introduction

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生活中的心理学

Psychology

[英国] 吉莉恩·巴特勒 弗雷达·麦克马纳斯 / 著

韩邦凯 / 译

生活中的心理学

• 当代中国心理学家
• 西南大学心理学教授 黄希庭

Psychology 作序推荐

"心理学是研究心理现象的科学，它源自生活但又高于生活。"



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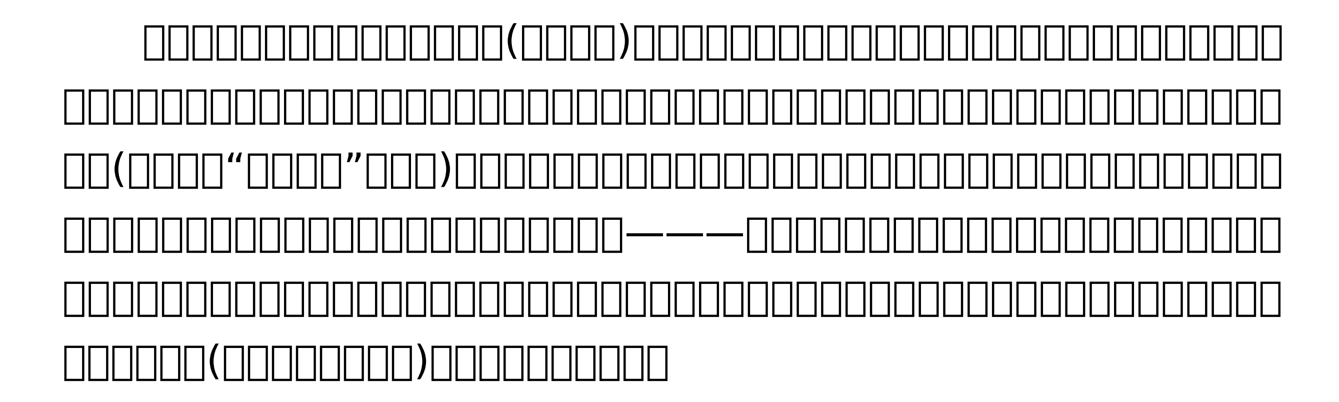
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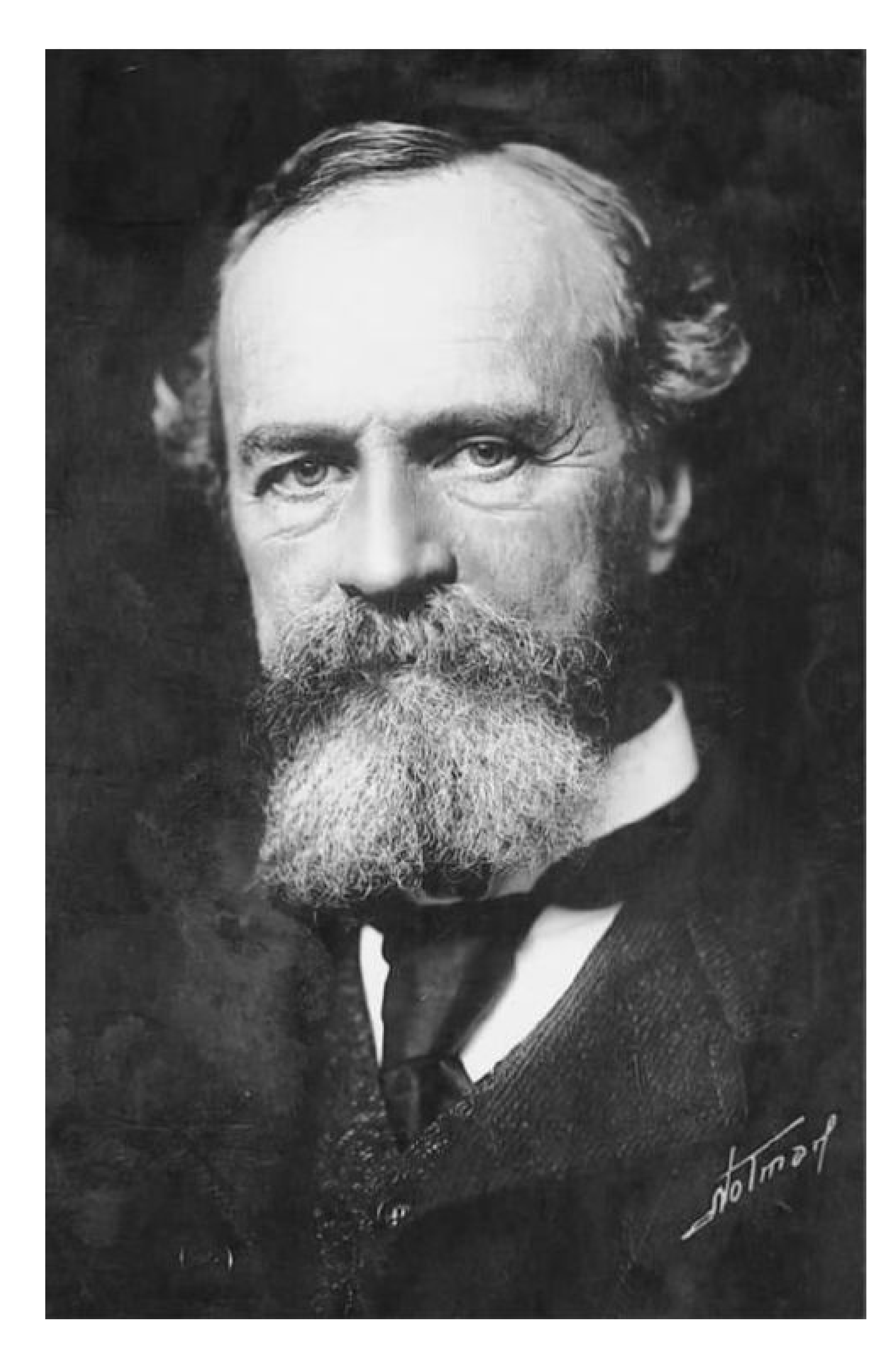


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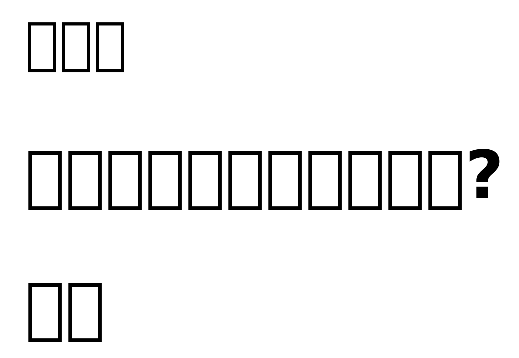
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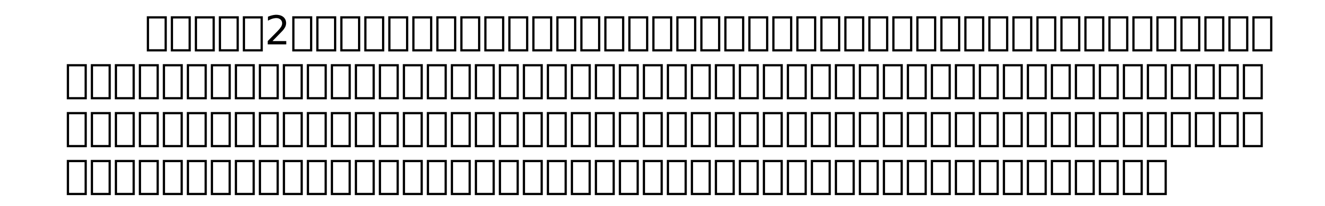
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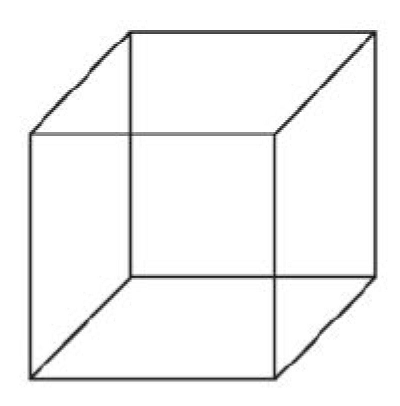
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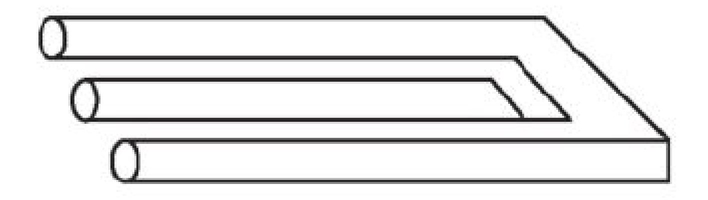






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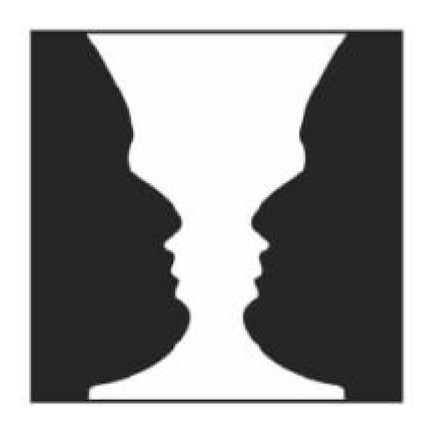
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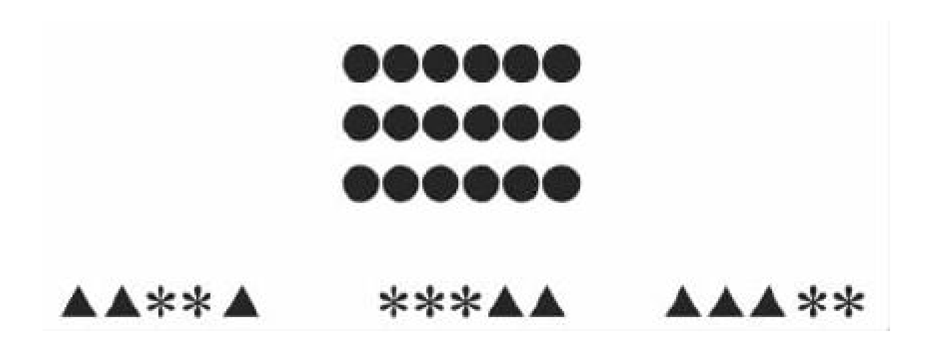
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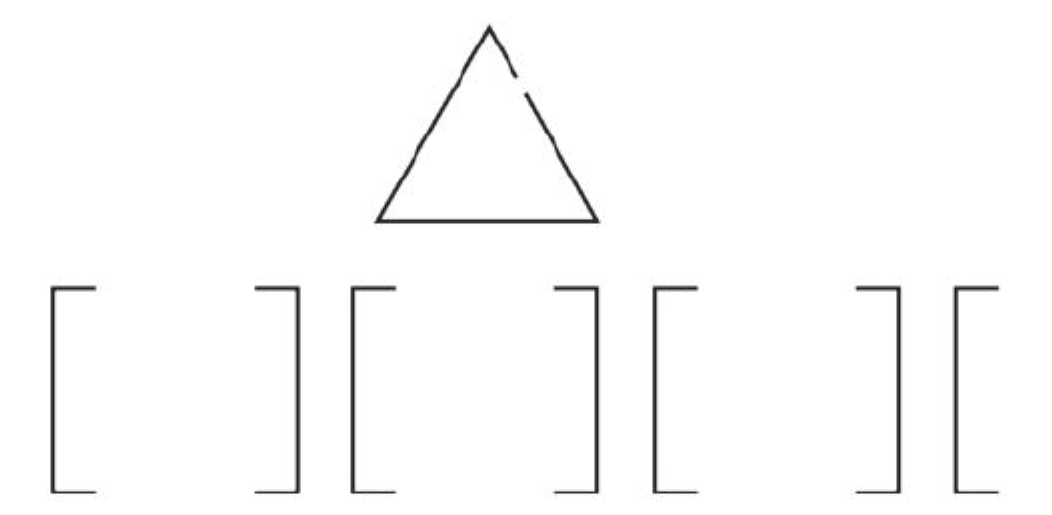
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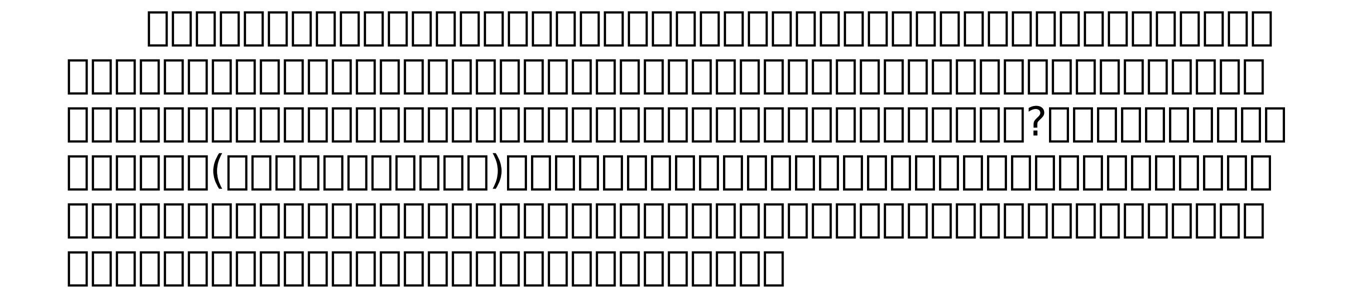
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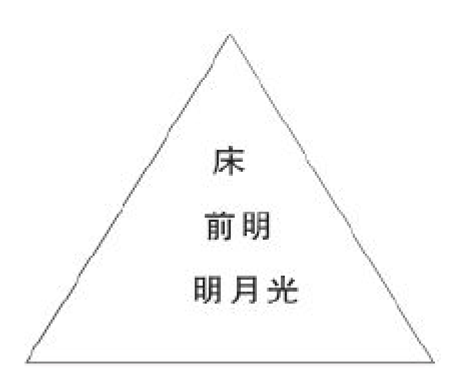
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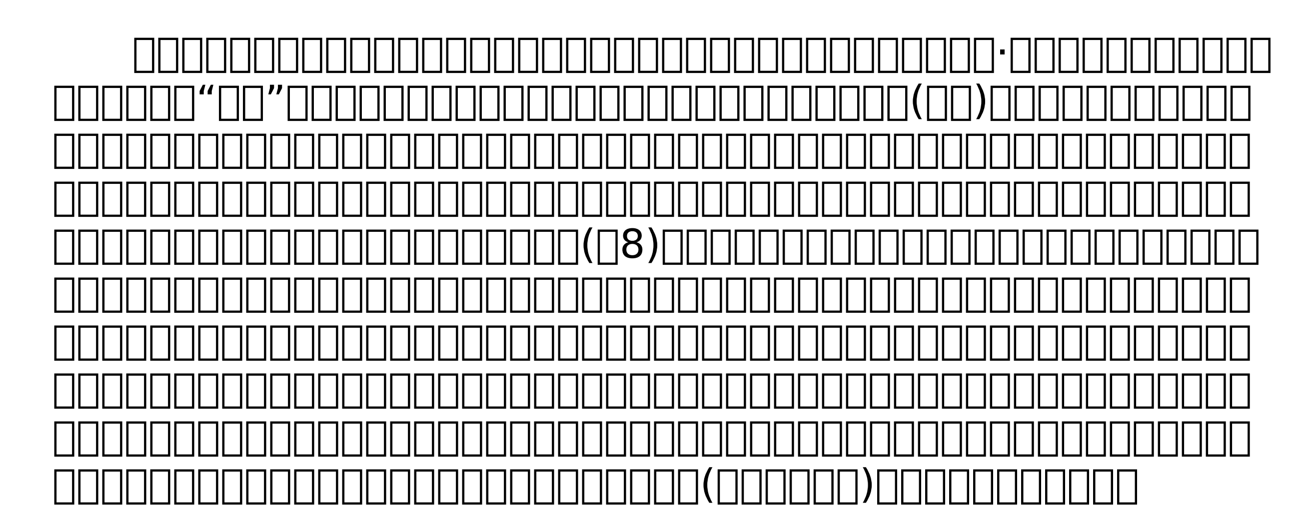
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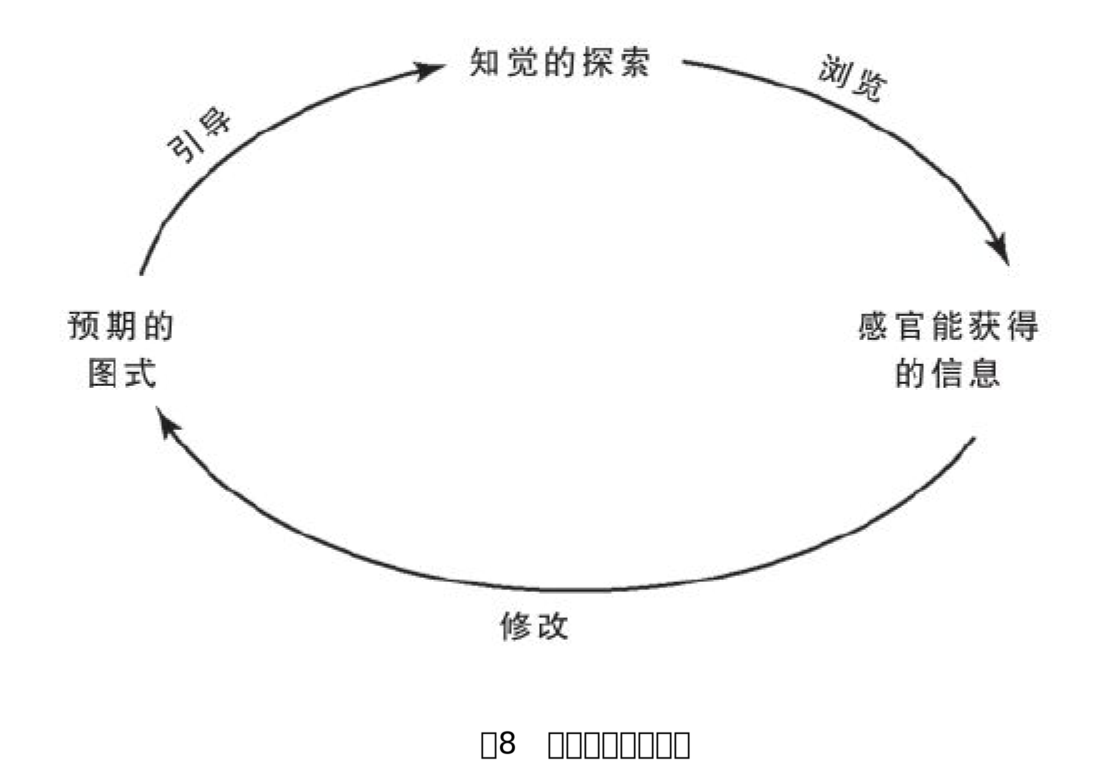
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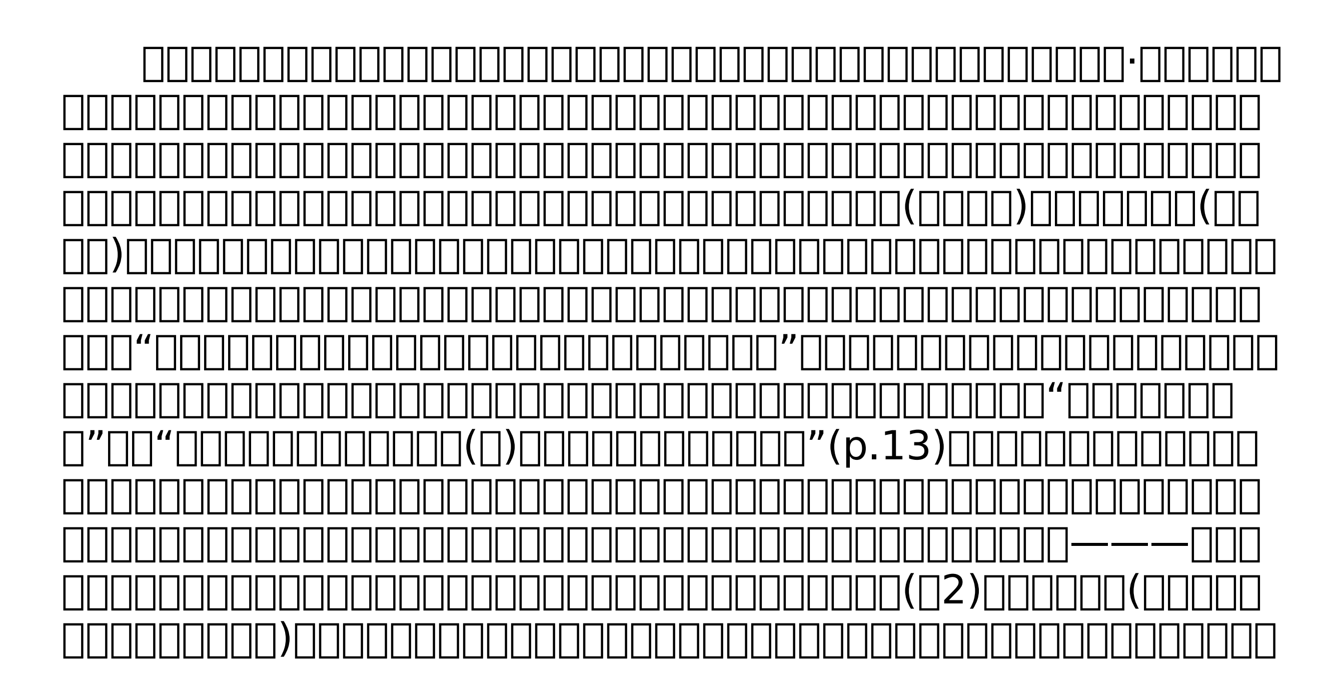
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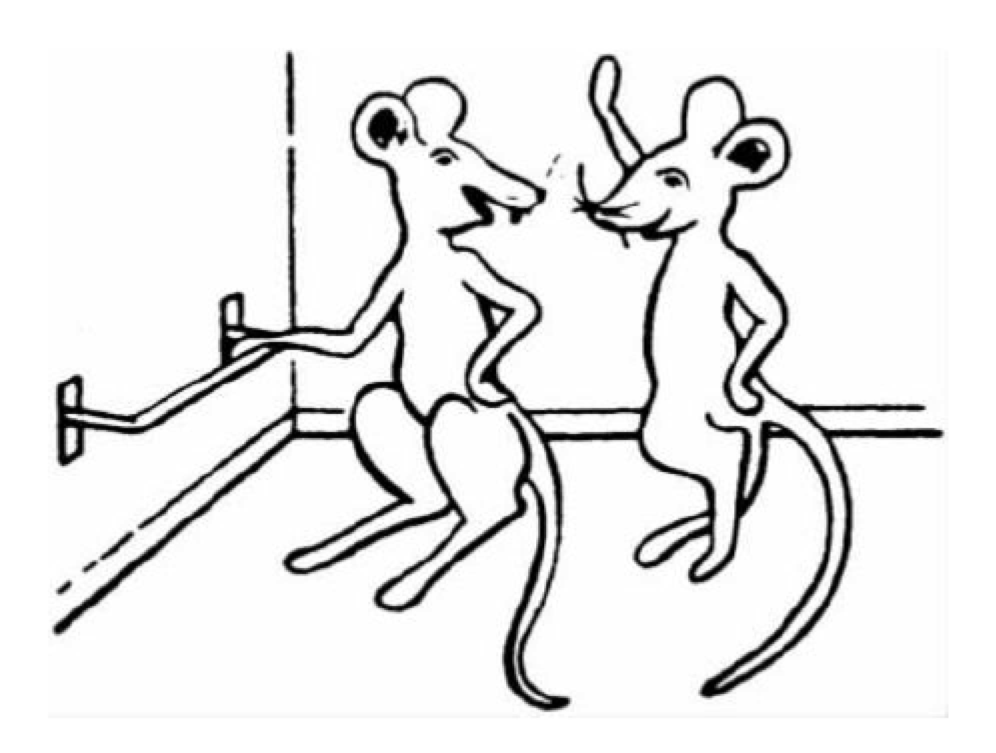
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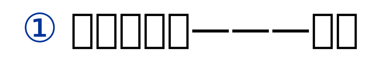
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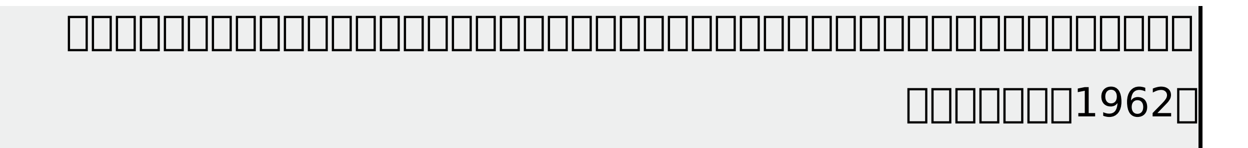
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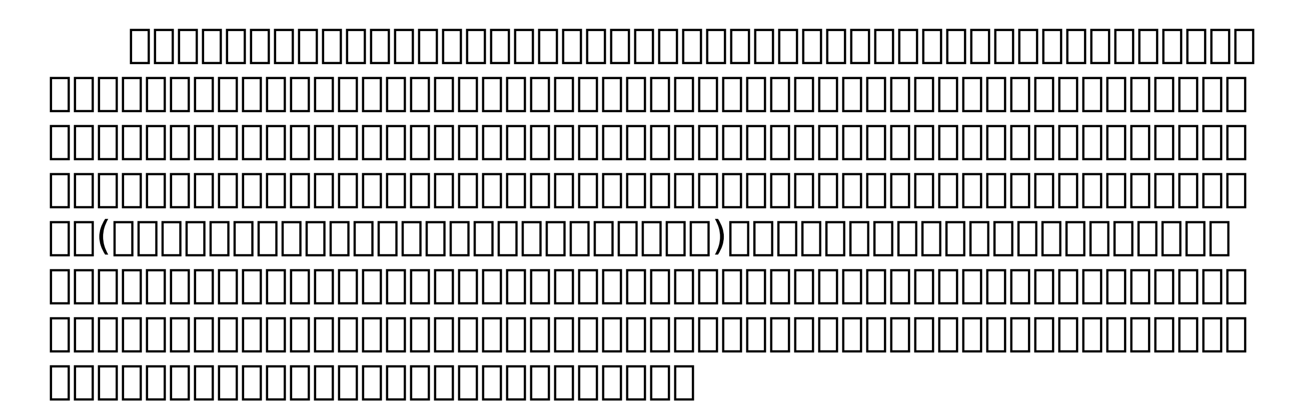
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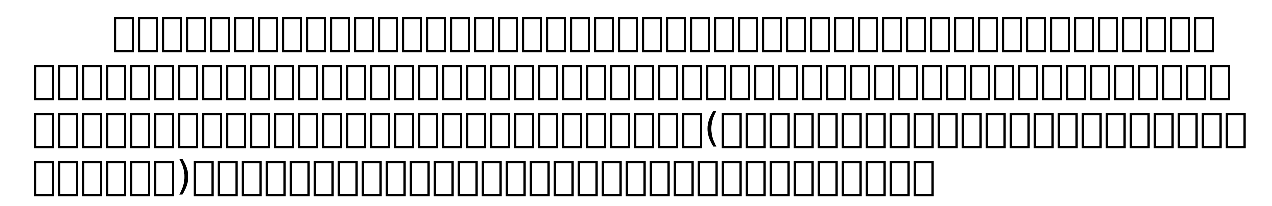
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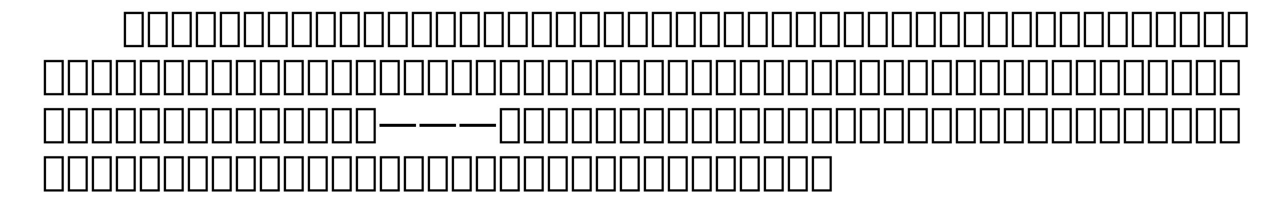
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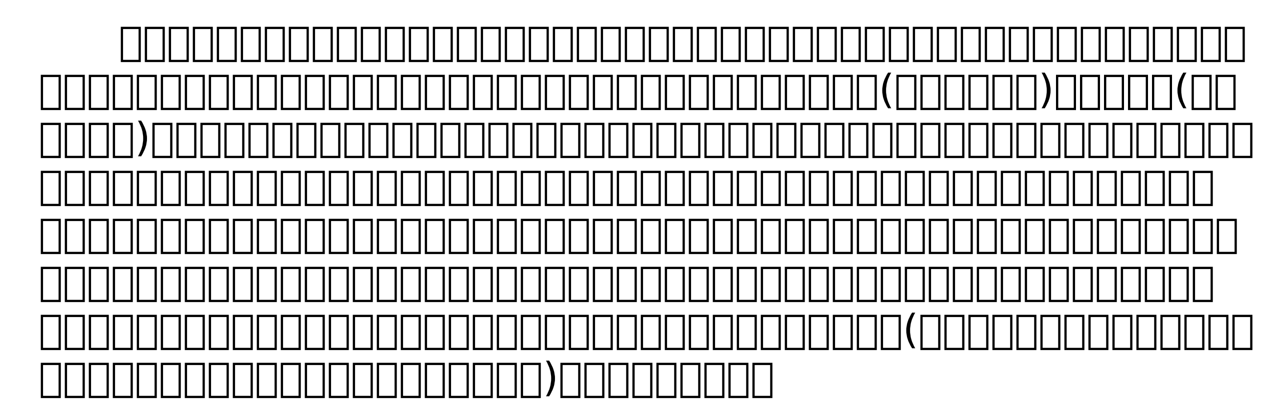
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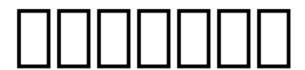
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一般描述	对母亲离去的反应	对母亲返回的反应	对陌生人的反应
焦虑—回避	大致上不受母亲在不在的影响——很少注意她，在她离开时也不显得痛苦。	当母亲返回时孩子一般很少跟她联系。	陌生人出现一般不会痛苦。对母亲和陌生人的态度一般差不多，母亲和陌生人都很容易安慰孩子。
安全地依附母亲	只要母亲在，玩得就很高兴。她一走，就会明显不高兴。	马上从母亲那里寻找和获取安慰，然后接着玩。	母亲在时会对陌生人友好，母亲不在时就会不开心。明显与母亲更亲近些。
焦虑—矛盾	在探索时不能向母亲寻求安全保护，她不在旁边时不高兴，她走开时更不高兴。	当母亲回来时，对她似乎既爱又恨，哭着要母亲抱起他，被抱起时又叫嚷要母亲放下他。	对陌生人试图接触的努力表示反抗。

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阶段	心理社会危机	主要活动	有意义的关系	有利的结果
一岁	信任/不信任	持续、稳定的关爱	主要的护理者	信任、乐观
二至三岁	自主性/疑虑	独立于父母	父母	独立、自尊
四至五岁	主动性/罪疚感	对环境的探索	基本家庭成员	自我定向、目标
六岁到青春期	勤勉/自卑	知识的吸取	家庭、邻居和学校	胜利感/成就感
青春期	同一性/角色混淆	突出的才能、人格	同伴、内集团、外集团	完整的自我形象
成年早期	亲密/孤独	深刻、长久的关系	朋友、情人、竞争、合作	体验爱情、责任的能力
成年中期	繁殖/自我专注	为社会生产和创造	劳动分工、分担家务	关注家庭、社会和后代
成年后期	自我整合/失望	生活的回顾和评估	人类、大家庭	满足感、对死亡的接受

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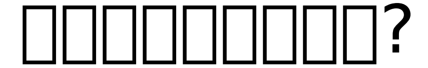


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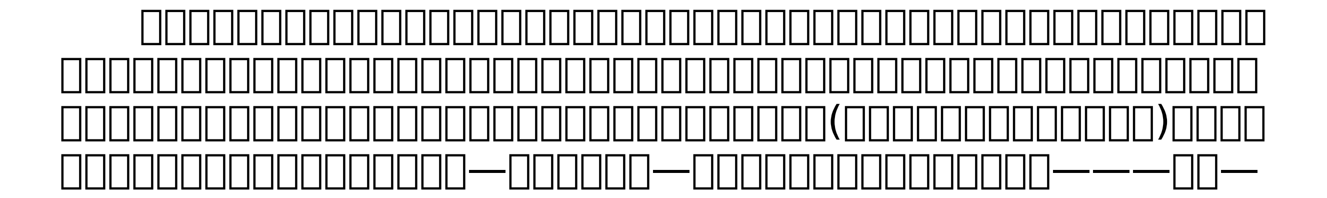
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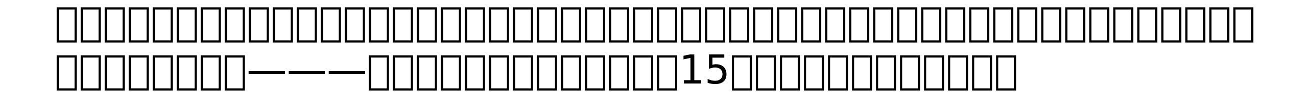
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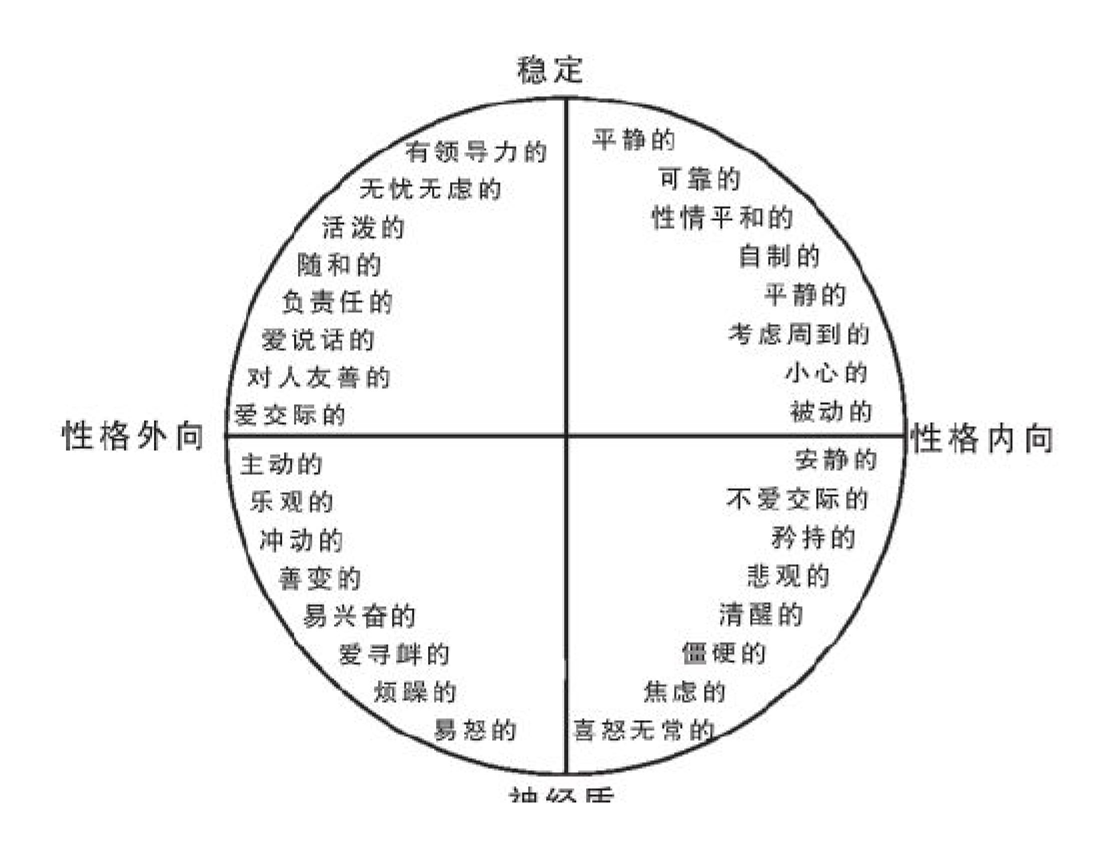
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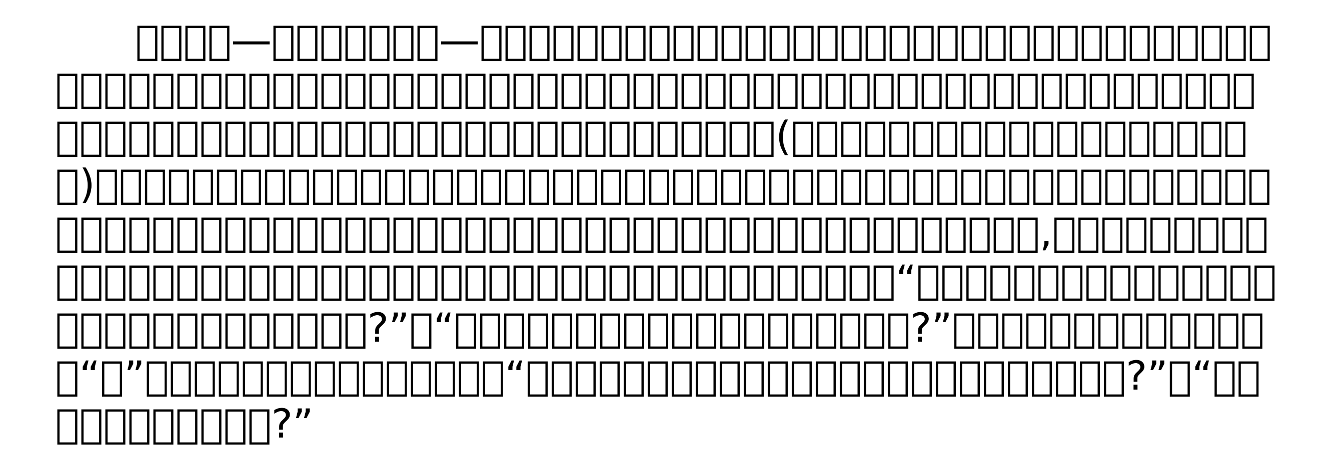
取向	关于人格的观点
类型的	人们被归入大的类型之中，每种类型的特性与别的类型不同，比如类型A或类型B，性格内向或性格外向。
特质的	一种描述性的方法。特质分为若干项，根据每一项的特征大小来区分人群，比如高度自觉、低度内向性等。
行为主义的	只把人格看作是人的学习历史的反映——它们只是重复了过去曾得到过的强化的反应。
认知的	认为信仰、思想和心理过程，在决定不同情境中的行为时是最重要的。
心理动力的	基于弗洛伊德的著作，认为人格是由内在精神结构(如本我、自我、超我)和源自童年早期的潜意识动机或冲突决定的。
个体的	强调更高的人类动机，把人格看作是个体的完整经历。
情境的	认为人格不是始终如一的，而只是对情境的一个反应。我们通过强化，学会以适合情境的方式行动。
相互影响的	把情境取向和特质取向相结合，认为人们倾向于以某些方式行动，但是又应不同情境的要求而做出调整。

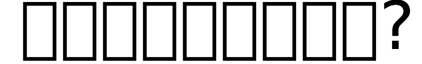


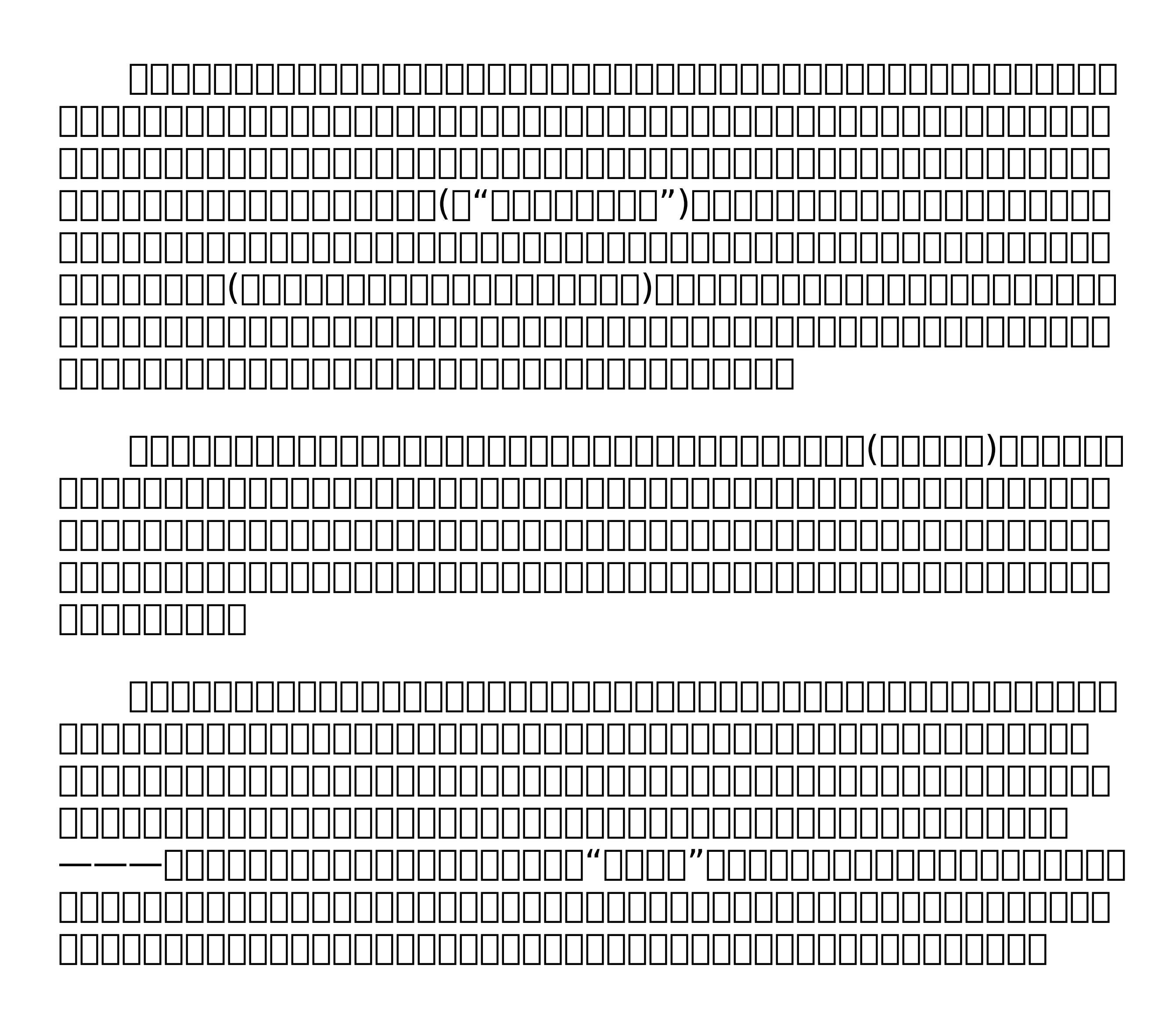




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类别	具体的例子
精神分裂及其他精神障碍	一组以精神病症状为特点的障碍——如在幻觉或妄想中与现实脱离、思想和知觉的明显失调、行为古怪等。
焦虑障碍	主要症状是焦虑，要么是对某种特殊刺激的反应，如恐怖症；要么是扩散性的焦虑，如一般化的焦虑。这类障碍往往会引起恐慌症的发作，即一系列焦虑症状的突然紧急发作。
心境障碍	偏离正常心境，从极度抑郁到异常得意(躁狂症)，或在两者之间交替(躁狂抑郁症)。
躯体化障碍	身体上的症状，如疼痛或麻痹，但又找不到身体上的原因，似乎是心理因素在起作用。比如，儿子一参军，母亲的右胳膊便不能动了，但儿子休假回到家里，她的胳膊就又好了。在这个类别中还有疑病症，也就是对健康的过度担心以及疑病妄想，病人常常会有错误的信念，认为自己得了致命的疾病。
分裂性障碍	这类障碍使通常完整的功能(如意识功能、记忆功能、识别功能或知觉功能)因情绪原因而分裂。在这个类别中还包括多种人格障碍和遗忘症，例如忘记曾受过创伤。

性和性别认同障碍	不仅包括性别偏好的问题，如对儿童有性欲上的兴趣(**恋童癖**)、对物品有性欲上的兴趣(**恋物癖**)，还包括性别认同上的问题，如**易性癖**(认为自己陷入了一个异性的身体里)和性功能不全(如阳痿)。
进食障碍	以进食行为的严重紊乱为特点的失常，如神经性的厌食和贪食。
睡眠障碍	睡眠的总量、质量或时段不正常(如失眠)，或在睡眠时有变态行为或生理现象发生(如梦魇、夜惊、梦游等)。
冲动控制障碍	不能抵抗冲动、驱力或诱惑，如**偷窃癖**(不为个人获取什么，只受冲动支配的盗窃行为)和**拔毛癖**(为快乐或为舒缓紧张情绪而习惯性地拔下自己的毛发)。
人格障碍	内心体验和行为的持久模式，它们是持续而固定的，会引起痛苦或损伤，而且不符合社会规范。例如，**自恋型人格障碍**就和夸大妄想相关，有此障碍的人需要赞赏但却缺乏同情心；**强迫型人格障碍**的特点是过分追求整齐有序、尽善尽美和控制。
药物性精神障碍	对酒精和毒品的过分摄入或依赖。
假性障碍	故意搞出或装出身体上的或生理上的症状，为的是假装成“生病的人”或为了得到别的好处，如金钱上的好处或减少责任。

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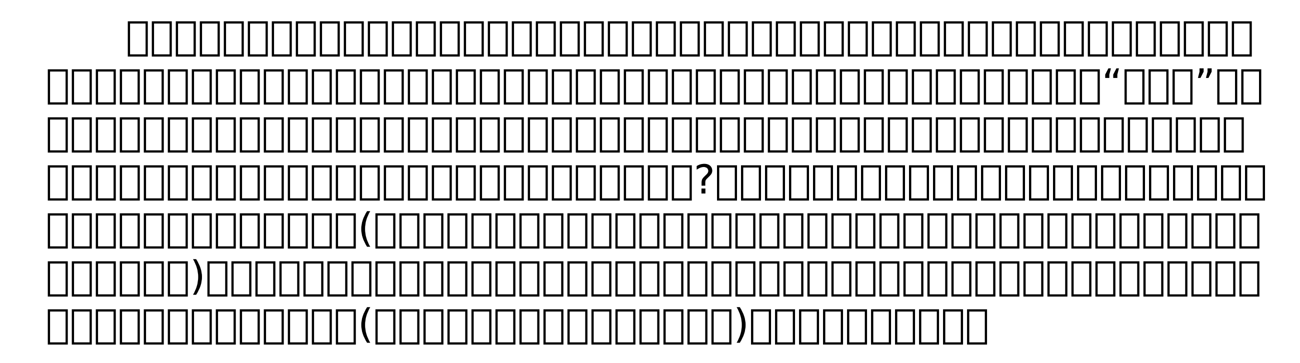
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S. Harris


What's the nature of the trouble, and when did it begin?
Let's drive it around and see what happens.
FREUDIAN
BEHAVIOR THERAPIST
S.Harris

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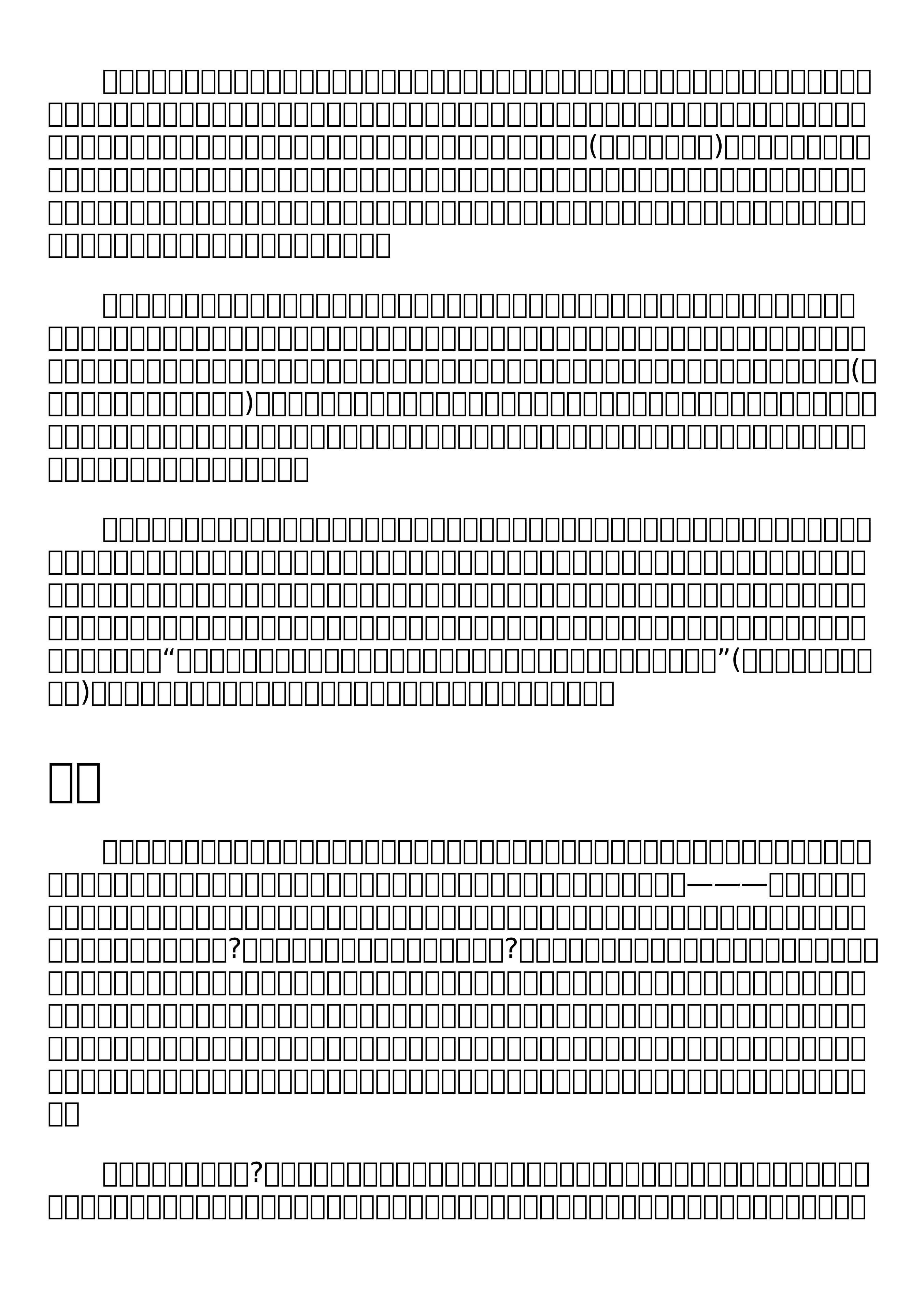
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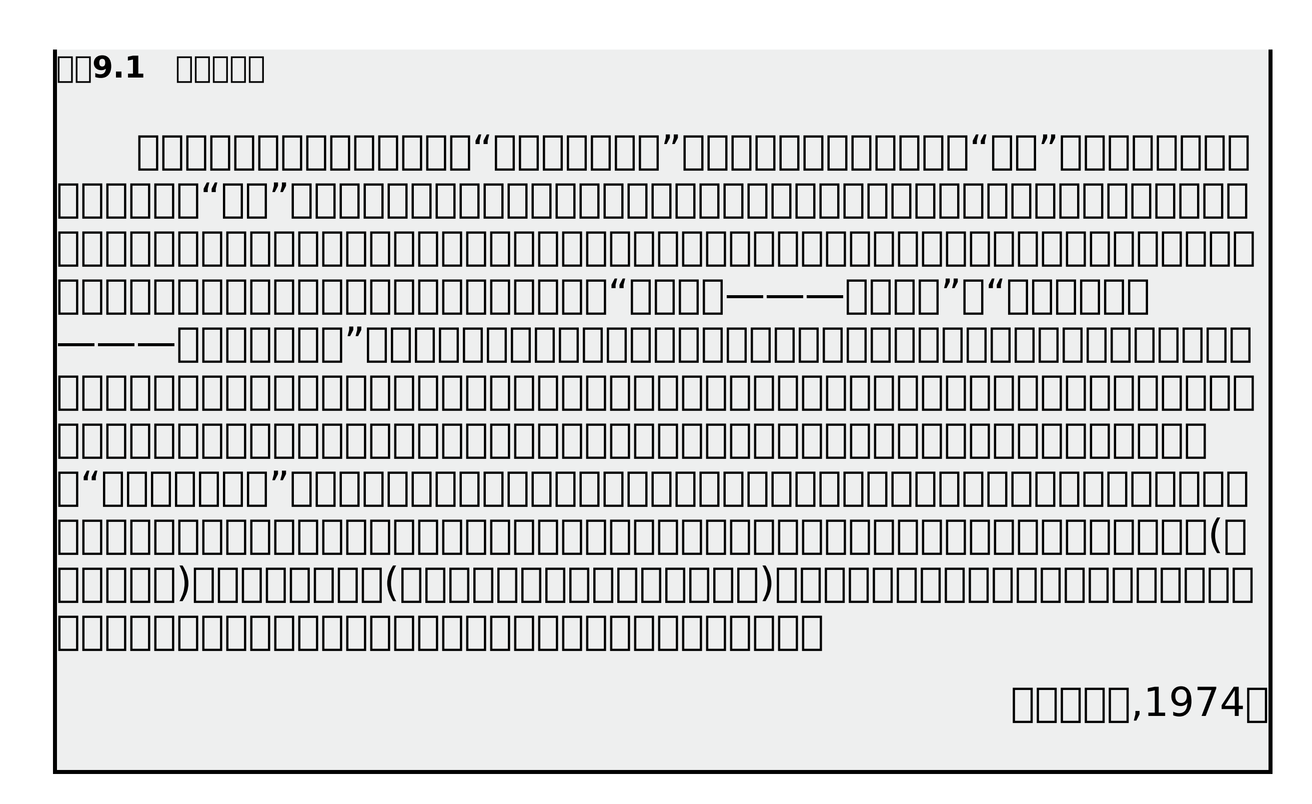
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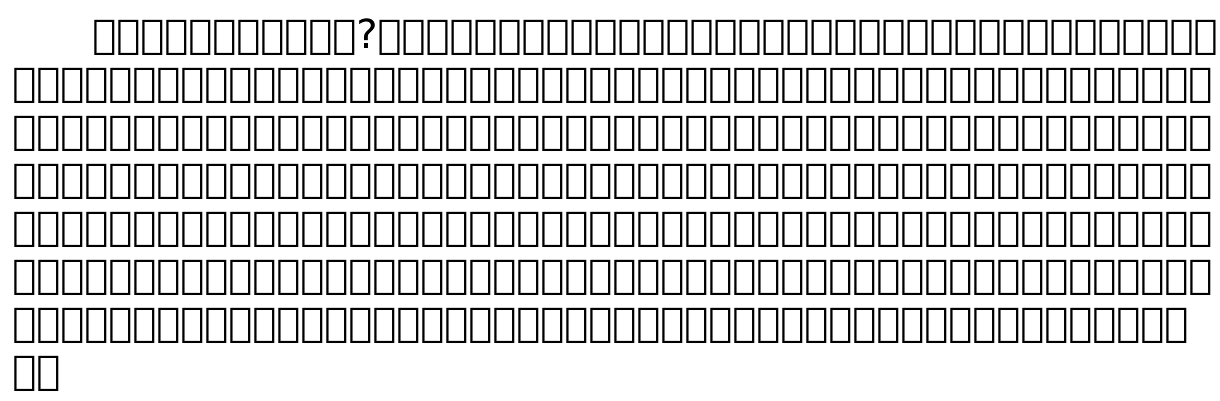
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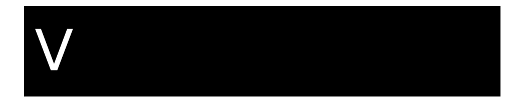
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